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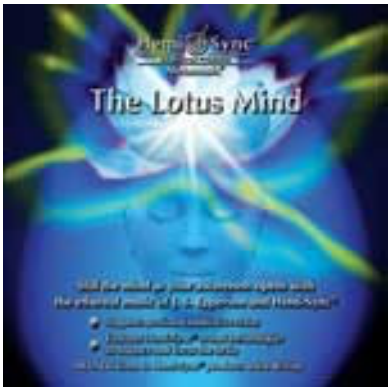
THE LOTUS MIND - HEMI-SYNC® METAMUSIC®

by Author



Music to meditate to -

The lotus grows in the murky water of still ponds and lakes. The magnificent blossom unfolds gradually in the sunlight, one petal at a time, and is seen as a metaphor for the development of the individual to- wards enlightenment. The ethereal sounds of J. S. Epperson's electronic music mixed with Hemi- Sync® frequencies provide an ideal vehicle for stilling and opening the mind and heart, allowing for the evolving of consciousness.

Metamusic® is more than music. It incorporates evocative sounds and specially blended Hemi-Sync® frequencies to guide you into focused, whole-brain states of consciousness. Other titles by J. S. Epperson are *Ascension, Einstein's Dreams, Hemi-Sync® in Motion, Higher, Illumination, Indigo, and Remembrance*.